We Claim:

- A method of inhibiting an undesirable taste in a oral composition
 comprising adding to an orally administrable composition having at least one
 component having an undesirable taste, a sulfated polysaccharide in an amount
 effective to inhibit all or a portion of the undesirable taste.
- 2. The method of claim 1 wherein the sulfated polysaccharide is a carrageenan.
 - 3. The method according to claim 2 wherein said carrageenan is selected from the group consisting of iota carrageenan, kappa carrageenan, lambda carrageenan and mixtures thereof.

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4. The method according to claim 1 wherein said orally administrable composition is selected from the group consisting of foods, beverages, pharmaceuticals, nutriceutical, toiletries and mixtures thereof.

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5. The method according to claim 1 wherein said undesirable taste is selected from the group consisting of sweet, bitter, sour, salty, alkaline, astringent, tangy, sharp, acidic, spicy, pungent, woody, smoky, umami, metallic, an aftertaste, and mixtures thereof.

- 6. The method according to claim 5 wherein said undesirable taste is selected from the group consisting of bitter, metallic, and mixtures thereof.
- 7. The method according to claim 2 wherein said component having an undesirable taste comprises at least one amino acid.

8. The method of claim 7 wherein the concentration of said at least one amino acid present in the orally administrable composition is at least 0.1 g per 100 g of said composition.

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- 9. The method of claim 8 wherein said carrageenan is present in a ratio of at least 0.5 part carrageenan to 1 part amino acid present in the orally administrable composition.
- 10. The method of claim 8 wherein said carrageenan is present in a ratio of at least 0.8 part carrageenan to 1 part amino acid present in the orally administrable composition.
- 11. The method of claim 1 wherein said component having an undesirable taste comprises at least one pharmacologically-active ingredient selected from the group consisting of bronchodilators, anorexiants, antihistamines, nutritional supplements, laxatives, analgesics, anesthetics, antacids, H2-receptor antagonists, anticholinergics, antidiarrheals, demulcents, antitussives, antinauseants, antimicrobials, antibacterials, antifungals, antivirals, expectorants, anti-inflammatory agents, antipyretics, and mixtures thereof.
 - 12. The method of claim 2 wherein said carrageenan compound is an iota carrageenan.

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13. The method of claim 2 wherein said carrageenan is kappa carrageenan.

- 14. The method of claim 2 wherein said carrageenan is lambda carrageenan.
- 15. The method of claim 7 wherein said at least one amino acid is selected from the group consisting of glycine, L-alanine, L-arginine, L-aspartic acid, L-cystine, L-glutamic acid, L-glutamine, L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-ornithine, L-phenylalanine, L-proline, L-serine, L-threonine, L-tryptophan, L-tyrosine, L-valine, creatine and mixtures thereof.

- 16. The method of claim 1 wherein said orally administrable composition-is optionally heated following addition of the sulfated polysaccharide.
- 17. An orally administrable composition comprising at least one component having an undesirable taste or aftertaste and a sulfated polysaccharide in an amount sufficient to inhibit all or a portion of said undesirable taste or aftertaste.
- 20 18. The composition of claim 17 wherein the sulfated polysaccharide is a carrageenan.
 - 19. The composition of claim 18 wherein said carrageenan is selected from the group consisting of iota carrageenan, kappa carrageenan, lambda carrageenan and mixtures thereof.
 - 20. The composition of claim 17 wherein said orally administrable composition is selected from the group consisting of foods, beverages, pharmaceuticals, nutriceutical, toiletries and mixtures thereof.

21. The composition of claim 17 wherein said undesirable taste is selected from the group consisting of sweet, bitter, sour, salty, alkaline, astringent, tangy, sharp, acidic, spicy, pungent, woody, smoky, umami, metallic, an aftertaste, and mixtures thereof.

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- 23. The composition of claim 17 wherein said undesirable taste is selected from the group consisting of bitter, metallic, and mixtures thereof.
- 10 24. The composition of claim 18 wherein said component having an undesirable taste comprises at least one amino acid.
 - 25. The composition of claim 24 wherein the concentration of said at least one amino acid present in the orally administrable composition is at least 0.1 g per 100 g of said composition.
 - 26. The composition of claim 24 wherein said carrageenan is present in a ratio of at least 0.5 part carrageenan to 1 part amino acid present in the orally administrable composition.
 - 27. The composition of claim 25 wherein said carrageenan is present in a ratio of at least 0.8 part carrageenan to 1 part amino acid present in the orally administrable composition.
- 28. The composition of claim 17 wherein said component having an undesirable taste-comprises at least one pharmacologically-active ingredient selected from the group consisting of bronchodilators, anorexiants, antihistamines, nutritional supplements, laxatives, analgesics, anesthetics, antacids, H2-receptor antagonists, anticholinergics, antidiarrheals, demulcents,

antitussives, antinauseants, antimicrobials, antibacterials, antifungals, antivirals, expectorants, anti-inflammatory agents, antipyretics, and mixtures thereof.

29. The composition of claim 18 wherein said carrageenan compound is an iota carrageenan.

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- 30. The composition of claim 18 wherein said carrageenan is kappa carrageenan.
- 31. The composition of claim 18 wherein said carrageenan is lambda carrageenan.
- 32. The composition of claim 24 wherein said at least one amino acid is selected from the group consisting of glycine, L-alanine, L-arginine, L-aspartic acid, L-cystine, L-glutamic acid, L-glutamine, L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-ornithine, L-phenylalanine, L-proline, L-serine, L-threonine, L-tryptophan, L-tyrosine, L-valine, creatine and mixtures thereof.
 - 33. A pharmaceutical composition comprising at least one orally-administratable pharmacologically active component having an undesirable taste or aftertaste, and a sulfated polysaccharide in an amount sufficient to inhibit all or a portion of said undesirable taste or aftertaste.
 - 34. The composition of claim 33 wherein the sulfated polysaccharide is a carrageenan.

- 35. The composition of claim 34 wherein said carrageenan is selected from the group consisting of iota carrageenan, kappa carrageenan, lambda carrageenan and mixtures thereof.
- 36. The composition of claim 33 wherein the pharmacologically active component is selected from the group consisting of decongestants, expectorants, antitussives, antihistamines, bronchodilators, demulcents, antiinflammatory agents, antipyretics, analgesics, anesthetics, antimicrobials, antibiotics, peroxides, antibacterials, anticalculus agents, nutritional supplements, antacids, H2-receptor antagonists, laxatives, antidiarrheals, anorexiants, anticholinergics, antinauseants, and mixtures thereof.
 - 37. The composition of claim 33 wherein said composition is selected from the group consisting of compositions for the treatment cough/cold symptoms, nutritional supplements and compositions for the treatment of gastrointestinal distress.

- 38. The composition of claim 36 wherein said composition is a nutritional supplement.
- 39. The composition of claim 38 wherein said nutritional supplement comprises at least one amino acid.
- 40. The composition of claim 39 wherein said at least one amino
 acid is selected from the group consisting of L-histidine, L-isoleucine, Lleucine, L-lysine, L-methionine, L-phenylalanine, L-threonine, L-tryptophan,
 L-tyrosine, L-valine and mixtures thereof.

- 41. The composition of claim 39 wherein the concentration of said at least one amino acid present in the pharmaceutical composition is at least 0.1 g per 100 g of said composition.
- 5 42. The composition of claim 41 wherein said carrageenan is presenting a ratio of at least 0.5 parts carrageenan to 1 part amino acid present in the pharmaceutical composition.
- 43. The composition of claim 42 wherein said carrageenan is present.

 10 in a ratio of at least 0.8 part carrageenan to 1 part amino acid present in the pharmaceutical composition.
 - 44. The composition of claim 34 wherein said carrageenan compound is an iota carrageenan.

- 45. The composition of claim 34 wherein said carrageenan is kappa carrageenan.
- 46. The composition of claim 34 wherein said carrageenan is lambda carrageenan.
 - 47. The composition of claim 33 which further comprises at least one element selected from the group consisting of nucleosides, nucleotides, antioxidant system, natural flavor, artificial flavor, sweetener, artificial sweetener, oil, fat major trace and ultratrace minerals, minerals, vitamins and m-inositol.

- 48. The composition of claim 39 wherein said amino acid is a mixture consisting of 4-8%L-histidine, 6-10% L-isoleucine, 10-15% L-leucine, 5-15% L-lysine, 5-20% L-methionine, 5-15%L-phenylalanine, 5-15% L-threonine, 1-8% L-tryptophan, 5-15% L-tyrosine, and 15-25% L-valine.
- 49. The composition of claim 48 further comprising at least one vitamin and at least one source of minerals.

- 50. The composition of claim 33 wherein said composition is in a dry powder form.
 - 51. The composition of claim 33 wherein said composition is dissolved or dispersed in an aqueous based medium.
- 15 52. The composition of claim 24 wherein the composition is a beverage and comprises at least 1 g/l of at least one amino acid and at least 0.1 g/l of sulfated polysaccharide.
- 53. The composition of claim 52 further comprising at least one additional component selected from the group consisting of a flavor component, a sweetener, a mineral supplement, a fat, an acidulant, a buffer, a vitamin or a mixture thereof.
- 54. The composition of claim 24 wherein the composition is a fabricated food and comprises at least 1 g/l of at least one amino acid and at least 0.1 g/l of sulfated polysaccharide.

55. The composition of claim 54 further comprising at least one additional component selected from the group consisting of a flavor component, a sweetener, a mineral supplement, a fat, a fiber, a buffer, a vitamin or a mixture thereof.